

**Registration begins February 16; classes begin March 14 unless noted otherwise within class descriptions.
No classes March 31. To view a list of class location abbreviations, see page 2.**

The activities and classes below are designed specifically for Adults (18+ Years). Additional offerings for adults may be viewed in the Adult (50+ Years) section.

Classes - Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Arts & Crafts

To view class materials lists, visit www.tempe.gov/classmaterials or visit the Edna Vihel Activities Center Front Office, 3340 S. Rural Road, Tempe. Students must bring all materials to the first class unless otherwise noted within class description.

Ceramics 2

Have you completed Ceramics Survey and want to advance your skills? Try your hand in throwing and hand-building as you explore surface decoration and slip techniques. Instructor will guide you through your selected projects.

No class 3/31. Fee: \$100. 480-350-5287

48260 18 yrs+ Th 3/24-5/19 6:30-9:30 p.m. VIHEL

Ceramics; Open Studio

Open Studio time is available free of charge to all students currently enrolled in and regularly-attending any adult ceramics class. 480-350-5287

Open Studio times and dates are Wednesdays, 3/30-5/11, 12:15-3:15 p.m. and Saturdays, 4/2-5/14, 1:30-4:30 p.m.

Ceramics; Pottery Club

Do you want time to experiment and hone your skills? This leisurely morning of working in the studio offers students that opportunity. Potters of all skill levels can work freely on the wheel or hand-build; the choice is yours. Guidance and advice will be provided by instructor. Fee: \$100. 480-350-5287

48266 18 yrs+ W 3/23-5/11 9 a.m.-noon VIHEL

Ceramics; Survey

See what keeps the local community of potters coming back every session as you learn age-old techniques of creating beautiful and functional pieces of art. Build a strong ceramics foundation with an introduction to hand-building, throwing, surface design and glazing. This is your first step into a journey that may bring you a lifetime of joy. Fee: \$100. 480-350-5287

48267 18 yrs+ T 3/22-5/10 6:30-9:30 p.m. VIHEL

Ceramics; Throwing Beginning/Intermediate

For students who have completed the Ceramics Survey class. Become one with the potter's wheel through a series of drills and projects. Learn glazing techniques to bring your pieces to life and make them uniquely yours. Fee: \$100.

480-350-5287

48268 18 yrs+ M 3/21-5/9 6:30-9:30 p.m. VIHEL

Ceramics; Throwing Intermediate/Advanced

For students who have completed the Ceramics; Throwing Beginning/Intermediate class. Advance your skills on the wheel while exploring the endless styles and shapes of sculptures that may be created using clay. Experiment with techniques like scraffito and impression work. Practice glazing and finishing methods to complete the process on your unique pieces. Fee: \$100.

480-350-5287

48269 18 yrs+ W 3/23-5/11 6:30-9:30 p.m. VIHEL

Collage and Mixed Media

Connect with your creative spirit while exploring art in its basic form. Using traditional and non-traditional materials, create wonderful mixed media works that are as unique as you. Learn a variety and techniques as you paint, distress, glue and embellish. Explore how to add your own special treasures to materials provided in the classroom. Fee: \$50. 480-350-5287

48271 18 yrs+ W 3/23-5/11 6:30-9 p.m. VIHEL

Create It - Sewing

Drop in at the Library with your sewing project and use our sewing machines. First and third Wednesdays of the month, unless otherwise noted, from 5-7:30 p.m. Fee: None. 480-350-5500

No Code 14 yrs+ W 3/2-5/18 5-7:30 p.m. LLL

Jewelry Basics

Learn the basics of jewelry-making; what tools to use and the right materials for each project. We provide the tools and equipment for you to learn all the basic techniques to work in metals and plenty of time to practice and perfect your technique. Learn how to create chains, findings and more. Additional materials may be needed during course of class. Fee: \$80. 480-350-5287

48287 18 yrs+ M 3/21-5/9 6-8:30 p.m. PAC

Jewelry; Open Studio

For safety, only experienced jewelry students are eligible. Looking for a space to work on your own jewelry creations? Utilize the time in Open Studio to take your jewelry project from start-to-finish, or complete a project that's already in-progress. Instructor will provide guidance as needed, as well as demonstrate various jewelry techniques. No class 3/31. Fee: \$80. 480-350-5287

48289 18 yrs+ Th 3/24-5/19 6-8:30 p.m. PAC

Mosaics and More

Fascinated by mosaic tile floors or ancient mosaic artworks? Let us show you how to work with ceramic tile, glass beads and recycled materials to enhance projects like flower pots, tabletops and more. Learn the fundamentals of tile placement and grouting. Instructor will cover required and optional supplies on first night of class. No class 3/31. Fee: \$65. 480-350-5287

48294 18 yrs+ Th 3/24-6/2 6:30-9:30 p.m. VIHEL

Painting; Beginning

Your first brush stroke will immerse you into a world of art, created by you. This introductory class will teach you the basic techniques for painting in a variety of mediums including Oil, Acrylic and Watercolor. Students will learn how to make brush strokes, mix colors and paint from photographs and still lifes. Fee: \$50.

480-350-5287

48308 18 yrs+ M 3/21-5/9 6:30-9:30 p.m. VIHEL

Activities for Adults (18+ Years)

Painting; Portraits

What could be more fascinating than the human face? Learn the skills to paint portraits full of expression and life. Class will cover paint application, mixing flesh tones, light and shade, as well as achieving a likeness. Feel the thrill of watching your painting come to life as you explore the many techniques used to create compelling portraits. Fee: \$50. 480-350-5287

48307 18 yrs+ Sa 3/26-5/14 9:30-11:30 a.m. VIHEL

Boating

Float Test - Rowing Classes Only (NOT Kayak or SUP)

All Rowing participants must complete a 10-minute float test and watch a U.S. Rowing Safety Video. If you have Rowing experience but are new to the City of Tempe Rowing Program, you must fulfill this requirement. For additional information, please contact the Boating Office at 480-350-8069.

Rowers 18 years and older are eligible to participate in the following skill levels:

Beginner

Learn to Row is the starting point for new rowers. Rowers will be in bigger boats and learn at a steady pace throughout the class.

Advanced

Open Rowing and Sculling focuses on rowing for fitness and technical growth with an option of racing at local and regional regattas.

Adult Learn to Row

Designed for first-time rowers, this course will introduce the basics of rowing, safety and boat-handling. Proper rowing technique and fitness development are stressed. Participants must pass a 10-minute float test and have a basic level of fitness. The first class will include a float test/safety video. First three classes are mandatory. 480-350-8069

48101	18 yrs+	T/Th	4/26-5/26	5:45-7:45 p.m.	\$120	TTLM
48100	18 yrs+	Sa/Su	4/30-5/22	7-9 a.m.	\$96	TTLM

Adult Open Rowing and Sculling

This session brings experienced rowers together and is designed with athletes in mind. Sweep-rowers and scullers may try either discipline; class utilizes cross-training, video analysis and flexibility and focuses on a high-level of rowing.

Prerequisite: Learn to Row or commensurate experience. 480-350-8069

48452	18 yrs+	T	4/5-5/24	9-11 a.m.	\$54	TTLM
48102	18 yrs+	T	4/5-5/24	5:45-7:45 p.m.	\$54	TTLM
48453	18 yrs+	Th	4/7-5/26	9-11 a.m.	\$54	TTLM
48103	18 yrs+	Th	4/7-5/26	5:45-7:45 p.m.	\$54	TTLM
48104	18 yrs+	Sa	4/2-5/21	6:30-8:30 a.m.	\$36	TTLM
48105	18 yrs+	Su	4/3-5/22	6:30-8:30 a.m.	\$45	TTLM

Erg Fitness

No experience necessary. Come try one of the best workouts around. Join this class with an experienced instructor who will work with you on your technique and push you to reach new heights on your fitness progression. The workouts will be tailored to the individual. Drop-ins welcome; \$10 cash or check (payable to the City of Tempe). 480-350-8069

48152 18 yrs+ W 4/27-5/25 6-7 p.m. \$35 TTLM

Tempe Town Lake Club Rowing

Designed for advanced rowers to use equipment during non-program hours. Once joining the club, participants may check-out equipment during club times and train. Prerequisites: Coordinator permission and a successful re-entry test. Club Fee: \$60/year and \$20/month to be an active member.

To register, contact the Boating Office at 480-350-8034.

No Code 18 yrs+ T/W/Th/F 4/19 5:30-7 a.m. TTLM

Adult Paddling Classes

Essentials of Kayak Touring

Taught by ACA-certified kayak instructors, this class will refine your kayak touring skills and is perfect for all levels of experience. Instructors focus on basic, intermediate and advanced strokes and maneuvers as well as fitness, boat-handling and rescues in "sit-in" touring kayaks. All equipment provided. No experience necessary. Register early. Fee \$80. 480-350-8069

48113	18 yrs+	Sa	4/30-5/21	7-9 a.m.	TTLM
48114	18 yrs+	Th	4/28-5/19	5:30-7:30 p.m.	TTLM

Glow Kayak

The wildest and brightest Glow Paddle on Tempe Town Lake. Join us for a night under the stars while we glow and glide across the water. In addition to all necessary kayaking equipment, participants will receive glow in the dark accessories. Feel free to wear glow in the dark clothing items that you don't mind getting wet. Register early. Adult Fee: \$35; Youth Fee: \$20. 480-350-8069

48117	10 yrs+	F	4/29	7:30-9:30 p.m.	TTLM
48118	10 yrs+	F	5/13	7:30-9:30 p.m.	TTLM

Kayak Fitness

Taught by ACA-certified kayak instructors; this is a perfect class for all levels of paddling experience. This class will focus on basic strokes and maneuvers as well as fitness, boat-handling and rescues in "sit-on-top" kayaks. All necessary equipment will be provided. No experience necessary. Fee: \$70. 480-350-8069

48132	18 yrs+	Sa	4/30-5/21	8:30-10:30 a.m.	TTLM
48134	18 yrs+	T	4/26-5/17	5:30-7:30 p.m.	TTLM

Moonlight Kayak

Spend an enjoyable evening on Tempe Town Lake while paddling in the moonlight. No experience necessary. Bring clothes you don't mind getting wet, a towel, dry clothes and prepare to howl at the moon. All necessary equipment will be provided. Must be 18 years or older to participate. Fee: \$30.

80-350-8069

48136	18 yrs+	F	5/20	7:30-9:30 p.m.	TTLM
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Introduction to Stand-up Paddleboarding

Join the fastest-growing watersport in the country. No experience is necessary; this class will teach you the basics of Stand-Up Paddling. All necessary equipment is provided. Fee: \$30. 480-350-8069

48125	18 yrs+	T	4/26	5:30-7 p.m.	TTLM
48120	18 yrs+	Sa	4/30	7-8:30 a.m.	TTLM
48126	18 yrs+	T	5/3	5:30-7 p.m.	TTLM
48121	18 yrs+	Sa	5/7	7-8:30 a.m.	TTLM
48122	18 yrs+	T	5/10	5:30-7 p.m.	TTLM
48123	18 yrs+	Sa	5/14	7-8:30 a.m.	TTLM
48127	18 yrs+	T	5/17	5:30-7 p.m.	TTLM
48124	18 yrs+	Sa	5/21	7-8:30 a.m.	TTLM
48128	18 yrs+	T	5/24	5:30-7 p.m.	TTLM

SUP (Stand-Up Paddling) Fitness

Once you have learned the basics of SUP, stay in shape by taking SUP Fitness. This class will focus on fitness and advanced paddling technique. Prerequisites: Intro to Stand-Up Paddling or commensurate experience. Fee: \$60. 480-350-8069

48148	18 yrs+	Su	4/24-5/22	7-8:30 a.m.	TTLM
48149	18 yrs+	W	4/27-5/25	5:30-7 p.m.	TTLM

Activities for Adults (18+ Years)



Stand-Up Paddling; Yoga

Students will enjoy paddling on the lake, then anchoring boards and setting yoga breathing to begin. SUP Yoga features seated and standing yoga postures including sun salutations, lunges and downward-facing dog. We will take a few quiet meditation moments before paddling back. Prerequisite: Intro SUP or commensurate experience. Fee: \$35. 480-350-8069

48137	18 yrs+	Sa	4/30	8:30-10 a.m.	TTLM
48138	18 yrs+	Sa	5/7	8:30-10 a.m.	TTLM
48140	18 yrs+	Sa	5/21	8:30-10 a.m.	TTLM

Books & Reading

An Evening of Poetry

Celebrate National Poetry Month by enjoying an evening spent reading, listening and writing with local resident and writer Bobbi Illing. Bobbi shares her memoir poetry and will help you write your own history during this presentation and workshop. Bring paper and pen so you can participate. Books will be available for signing and purchase. Fee: None. 480-350-5500

47856	18 yrs+	W	4/20	6 -7:30 p.m.	LMRA
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Author Visits J.A. Jance

New York Times bestselling mystery author J.A. Jance will discuss her new Ali Reynolds mystery, *Clawback*, out March 8. Books will be available for purchase and signing. Check the Library's website for date and time: www.tempe.gov/library. Fee: None. 480-350-5500

Coffee, Tea and Books

Come and discuss recent novels or the occasional nonfiction title. Participants provide their own copy of the book. Responsibility for leading the discussion rotates among group members. Third Monday of the month from 6:30-8 p.m. in the Connections Café. No registration required. Fee: None. 480-350-5500

3/21	Crossing to Safety	Wallace Stegner
4/18	What She Left Behind	Ellen Marie Wiseman
5/16	Interpreter of Maladies	Jhumpa Lahiri

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Great Books Discussion Group

The Great Books Foundation promotes reading, thinking and sharing of ideas. Kathy and Don Dietz will lead discussions on the 2nd and 4th Wednesdays from 6-8 p.m. in the Connections Café. Participants provide books. Introduction to Great Books First Series.Vol. II. and ordered at 800-227-5870 or www.greatbooks.org. No registration required. Fee: None. 480-350-5500

3/9	In Exile	Anton Chekov
3/23	Why Americans Are Often So Restless	
	How an Aristocracy Can be Created by Industry	A. Tocqueville
4/13	Man's Search for Meaning	Viktor Frankl
4/27	Sorrow-Acre	Isak Dinesen
5/11	Equality	Isaiah Berlin
5/25	After the Ball	Leo Tolstoy

Mystery Club

Are you an avid mystery reader? If so, you are invited to meet with other fans to discuss favorite mystery books or authors. Participants must provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group. First Saturday of each month from 10 a.m.-noon in the Connections Café. No registration required. Fee: None. 480-350-5500

3/5	The Shape of Water	Andrea Camilleri
4/2	Iron Lake	William Kent Krueger
5/7	A Simple Murder	Eleanor Kuhns
6/4	Rage Against the Dying	Becky Masterman

Tempe Book Festival: A Celebration of Books

Come out with the whole family to celebrate books and the joy of reading. Featuring great books and great writing, the festival brings together local authors and booksellers for a day of readings, panel discussions and book signings. Enjoy fun activities for kids. Fee: None. 480-350-5500.

No Code All Ages Sa 4/16 10 a.m.-3 p.m.Throughout Library

Tempe Community Writing Contest Reception

Join us in congratulating the Writing Contest and Cover Contest winners. Hear the winners read from their winning entries. Also, meet the judges and enjoy light refreshments. No registration required. Fee: None. 480-350-5500

No Code 18 yrs+ W 4/13 6 -7:30 p.m. LMRA

Tempe Public Library Outreach Resources Center

Take advantage of the many free enriching library programs and services offered at the Outreach Resource Centers located at Escalante and North Tempe Community Centers. Use the computers for free. All you need is a Tempe Public Library card. If you don't have one you can get one at these centers. All you need is a photo ID and current piece of mail. Visit www.tempe.gov/libraryoutreach.

Escalante Hours:

M-F, 11 a.m.-8 p.m.; Sa, 10 a.m. -5 p.m.; Su, 1-6 p.m.

North Tempe Hours:

M-Th, 11 a.m.-9 p.m.; F, 11a.m.-8 p.m.; Sa, 10 a.m.-5 p.m.

Times are subject to change.

Writers Connection

This informal writers group is free and open to anyone interested in the writing process. The goal of the group is to share ideas and resources. All writers and aspiring writers are welcome. *This group meets twice a month on Friday from 2-4 p.m. Visit www.tempe.gov/library for dates. No registration required. Fee: None. 480-350-5500

No Code 18 yrs+ F 3/11- 5/20* 2-4 p.m. LMRB

Activities for Adults (18+ Years)

Business, Computers & Finance

To view computer class offerings for Adults 50+ Years, see page 47.

*A working knowledge of computers, the keyboard and the mouse are required for following programs.

Basic Internet Using Microsoft Office 2010

Learn basic details about the Internet including: how to use search engines to find specific information, how to retrieve photos from the web, how to view maps and get driving directions, as well as find websites that interest you.

Fee: None. 480-350-5814

48380	18 yrs+	T	3/15-4/5	10-11 a.m.	ESCA
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Basic Word Using Microsoft Office 2010

Learn how to create a letter, edit a document and create lists, tables, labels and more using Microsoft Word. Fee: None. 480-350-5814

48381	18 yrs+	W	3/16-4/6	10-11 a.m.	ESCA
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Basic Excel using Microsoft Office 2010

Learn how to create worksheets, edit and sort information in Microsoft Excel. You will also learn how to define and use mathematical formulas within your worksheet. Fee: None. 480-350-5814

48382	18 yrs+	Th	3/17-4/7	10-11 a.m.	ESCA
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Business and Financial Planning

Business and financial planning workshops are led by Jason Freiwald, Certified Financial Planner (CFP), Chartered Financial Consultant (ChFC) and Chartered Mutual Fund Counselor (CMFC). Workshops share fundamentals for savings and investing; hand-outs are included as part of the workshop fee.

Business and Finance; Comprehensive Financial Planning

Your financial future is at stake. Be prepared; review the basics of financial planning including budgeting, emergency reserves and education savings. Explore investment strategies such as mutual funds, 529 plans and annuities; discuss asset allocation while working with a financial advisor. Revisit retirement plans including 401(k)s, IRAs and Roth IRAs. Fee: \$10. 480-350-5200

47581	18 yrs+	Th	4/21	6:30-8:30 p.m.	PAC
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DISC Drop-In Computer Classes

In collaboration with ASU's Department of Information Systems Club (DISC). These classes offer an introductory look at each topic. No registration required. Fee: None. 480-350-5500

Microsoft Excel

No Code	18 yrs+	W	3/9	6:30-7:30 p.m.	LCL
No Code	18 yrs+	W	4/6	6:30-7:30 p.m.	LCL

Microsoft Word

No Code	18 yrs+	W	3/23	6:30-7:30 p.m.	LCL
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iPads

No Code	18 yrs+	W	3/30	6:30-7:30 p.m.	LCL
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Internet / Social Media

No Code	18 yrs+	W	4/13	6:30-7:30 p.m.	LCL
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Computer Skills

No Code	18 yrs+	W	4/20	6:30-7:30 p.m.	LCL
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eBooks and OverDrive

Borrow eBooks, audiobooks and more from the Tempe Public Library anywhere, anytime using a Wi-Fi connection. Fee: None. 480-350-5500.

48062	18 yrs+	W	5/4	10-11:30 a.m.	ESCA
48061	18 yrs+	M	5/9	10-11:30 a.m.	LMRB

iPads for Newbies

Learn the basics of using an iPad including how to turn it on and off, basic functions, loading apps, search engines and using the camera. Bring your own or borrow the Center's iPad during class time. Fee: None. 480-350-5800

47698	18 yrs+	T/Th	2/16-2/18	10-11 a.m.	ESCA
47699	18 yrs+	T/Th	3/1-3/3	10-11 a.m.	ESCA

One-on-One Job Help

Receive personal assistance in creating resumes, searching for and applying for jobs online and with other individual employment needs. Assistance is first come; first serve, and limited to 30-minute sessions. No registration required.

Fee: None. 480-350-5500

No Code	18yrs+	Th	3/10 - 5/26	2-3 p.m.	LSR8
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Resume Rescue at Your Library

Resumes and cover letters can be the most important part of your job application, but also the most difficult to create. Rescue your resume with these helpful tips and free library resources. You will also learn about library websites that offer interview practice and live coaching. No registration required.

Fee: None. 480-350-5500

No Code	18yrs+	T	3/8	2-3 p.m.	LMRB
No Code	18yrs+	T	4/5	2-3 p.m.	LMRB
No Code	18yrs+	T	5/3	2-3 p.m.	LMRB

Tech Time Help

If you have taken a computer class offered by the Tempe Public Library you can call and request a 30-minute individualized session to answer any questions you may have. Call 480-350-5802 to schedule your session. Fee: None.

480-350-5500.

No Code	18yrs+	M	3/21-5/23	2:30-4 p.m.	LMRB
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Dance, Music & Theater

Belly Dance

Learn basic movements as you develop slow and fast routines including floor and veil work, as well as playing finger cymbals. Immerse yourself in enchanting, exotic music as you explore this art form that not only makes you feel good but also look good. It's an excellent aerobic and anaerobic workout that will help you tone your body and build strength. Fee: \$35. 480-350-5287

48257	18 yrs+	W	3/23-5/11	5:30-6:30 p.m.	VIHEL
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Dancing Like the Stars-Season 2

Learn two ballroom styles of dance with Waltz and Jive, all in a fun, relaxed setting to upbeat music. TJ's easy-to-learn method will have you dancing in no time. Think you have two left feet? TJ will prove that anyone can dance. Class will culminate with a "finale show" and presentation of a mirrored ball trophy. No class 3/31. Fee: \$35. 480-350-5287

48277	18 yrs+	Th	3/24-5/19	6:30-7:30 p.m.	VIHEL
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Nuline Dance; Advanced

Familiar with Nuline Dance and know your way around the dance floor? This challenging class will help you show-off and develop your own flair. Competition-level instruction will be offered in this fast-paced, high-intensity class. Dazzle everyone with the latest and greatest routines. Fee: \$35. 480-350-5287

48304	18 yrs+	T	3/22-5/10	8:30-9:15 p.m.	VIHEL
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Nuline Dance; Beginning/Intermediate

Studies show that dancing helps increase memory and balance, as well as improve your cardiovascular endurance. This class starts you out on the right foot as you learn choreographed routines to a wide-variety of music genres; Latin to Pop, Celtic to Country and much more. A great way to learn dance that is suitable for everyone regardless of experience. Fee: \$35. 480-350-5287
48305 18 yrs+ T 3/22-5/10 6:30-7:30 p.m. VIHEL

Nuline Dance; Intermediate/Advanced

Take the next step in this class and continue your journey on the dance floor as you join other dancers and learn more patterns and advanced dance steps. The music just gets better and the fun increases. Fee: \$35. 480-350-5287
48306 18 yrs+ T 3/22-5/10 7:30-8:30 p.m. VIHEL

Slow Dancing Through the Ages

This is your opportunity to be prepared for any upcoming social event; weddings, prom, class reunions or that cruise you have been planning. Learn the Rumba, Waltz, Fox Trot and other slow styles of dance. No partner necessary for this class that is custom-tailored to your dance skills. TJ will take from your first step to the finishing bow. Fee: \$35. 480-350-5287
48317 18 yrs+ W 3/23-5/11 7-8 p.m. VIHEL

Health & Fitness

Exercise; 20/20/20 Fitness Express—burn 400 kcal!

Complete an overall body "Core" training workout which targets the three major components of fitness: 20 minutes of cardio, 20 minutes of strength training followed by 20 minutes of flexibility/stretching. Class taught by a certified fitness trainer. All fitness levels welcome. Instructor: Donna. Fee: \$45. 480-350-5200
46837 16 yrs+ T 4/5-5/31 6-7 p.m. PAC

Exercise; Barre Fit

Barre-Fit is one of the most effective ways to change the shape of your body for a total body workout. This sculpting class blends ballet, strength training, yoga and Pilates to create long and lean muscles to reshape your body. Light weights, small ball and small towel (bring own) will be used as props. No experience necessary. Instructor: Donna. Fee: \$41. 480-350-5200
46840 16 yrs+ W 4/6-5/25 6-7 p.m. PAC

Exercise; Booty Barre—burn 300 kcal!

An energetic workout that fuses fitness techniques from Pilates, dance, calisthenics and Yoga that will tone, define and chisel the whole body without adding bulk. Class promises to lift a sagging butt, eliminate cellulite and flatten your belly. The result is a body that looks and moves 10 years younger. Suitable for all fitness levels. Instructor: Sharla. Fee: \$45. 480-350-5200
47004 16 yrs+ M 4/11-5/16 5:30-6:30 p.m. PSF

Exercise; Booty Barre Flex and Flow—burn 300 kcal!

The hottest new Barre class founded by celebrity trainer Tracy Mallet. It fuses Ballet, Pilates and Yoga for deep muscle toning and strength exercises using a 9-foot-long elastic band. Firm, sculpt and tone your entire body without adding bulk. Create balance, flexibility and endurance. Suitable for all fitness levels. Instructor: Sharla. Fee: \$45. 480-350-5200
47005 16 yrs+ Th 4/14-5/19 4:30-5:30 p.m. PSF



Exercise; Jump Start with Joan

Start your morning with Joan, certified personal trainer extraordinaire. Emphasis is on 'effective form' while building muscle strength. Low intensity cardio with stretching exercises using flex bands, free weights and stability balls. Results include enhanced overall body strength, increased endurance and greater bone density. Suitable for all fitness levels. Fee: \$39. 480-350-5200
46859 16 yrs+ T 4/5-5/24 9-10 a.m. KRC

Exercise; Preserve the Curve

Core and strength exercises focus on "preserving the curve" in your spine through strength, endurance and flexibility routines. Great for anyone who has tightness in the hips, shoulders, lower back and legs. Stretches will help increase circulation and flexibility. Foam rollers and light weights are used. Instructor: Carol Ann. No class 4/7. Fee: \$39. 480-350-5200
46815 16 yrs+ Th 4/7-5/26 5:15-6:15 p.m. PAC

Health; Pfilates – Pelvic Floor Pilates

Learn the 10 simple movements developed by Dr. Bruce Crawford to strengthen all of the muscles of the pelvic floor in order to eliminate urinary incontinence and pelvic organ prolapse. Put an end to embarrassing and difficult situations. Instructor certified; confidential environment. Instructor: Sharla. Fee: \$35. 480-350-5200
47003 16 yrs+ T 4/12-5/17 6:30-7 p.m. PSF

Functional Fitness Bootcamp

This class will incorporate conditioning, endurance, strength, coordination, balance, agility and flexibility. Results will be earned, not guaranteed. Fee: \$8. 480-350-5800
48093 18 yrs+ T/Th 3/15-4/7 6:30-7:30 p.m. ESCA
48094 18 yrs+ T/Th 4/19-5/12 6:30-7:30 p.m. ESCA

Holistic Health and Wellness Workshops

Holistic wellness is a comprehensive approach to nutrition and health that considers all aspects of a person's life. These workshops address a wide-array of subjects from ultimate relaxation to a healthier you. Join Holistic Health and Wellness certified coaches Parul Agrawal, Marci Cagen and Veronica Clark as they lead you on your journey towards holistic health and wellness. 480-350-5200

Aromatherapy; Essentials for Emotional Health

Create and maintain emotional balance with essential oils. Learn causes of disease and conditions, and how they relate to emotional patterns. Use oil to ease stress, anxiety and depression; restore balance to the mind, body and spirit. Includes hands-on use of essential oils and application techniques. A \$5 supply fee due is due to the instructor. www.MarciCagen.com. Fee: \$15.
46939 18 yrs+ M 4/11 6-8 p.m. PAC

Ayurveda; The Sister of Science Yoga

Celebrate your natural radiance and reclaim your health with the application of Ayurveda, the oldest known system of healing and sister science of Yoga. Find emotional and mental balance through diet and daily activities. Learn how to fend against physical and mental burnout, and tap into optimal vitality to become the most powerful version of you. www.healthynutaz.com. Fee: \$25.
46941 15 yrs+ W 4/6 Ayurveda 6-8 p.m. CSC
15 yrs+ W 4/13 Vata 6-8 p.m. PAC
15 yrs+ W 4/20 Pitta 6-8 p.m. PAC



Gluten-Free; Gluten Sensitivity and What it Means

Join Parul Agrawal as she explains the history of wheat and the evolution of gluten. Learn how to recognize the signs and symptoms of gluten sensitivity. Identify foods that contain gluten, and where to find gluten-free foods. Cook and sample a gluten-free dish. Workshop includes take-home notes and recipes. Materials Fee: \$3; due to instructor. www.prenatalnourish.com. Fee: \$15.
47598 18 yrs+ Sa 4/30 11 a.m.-1 p.m. PAC

Activities for Adults (18+ Years)

Heal Yourself with Green Juices and Smoothies

Discover the power of green juices and smoothies to improve health, energy and mood. Unravel the mysteries of super drinks, a treat for your taste buds and nutritional gift to your body. Learn how to fit super drinks into your lifestyle. Includes take-home notes, recipes and juice samples. Materials Fee: \$3; due to instructor. www.prenatalnourish.com. Fee: \$15.

47010 All Ages Th 4/14 6:30-8:30 p.m. PAC

Intro to Reiki

The American Cancer Society® defines Reiki as "a form of hands-on treatment used to manipulate fields within and around the body in order to liberate the body's natural healing powers." Come and learn about the mental, physical and spiritual healing benefits of Reiki in this hands-on and enlightening workshop. www.MarciCagen.com. Fee: \$15.

47550 18 yrs+ W 4/13 6-8 p.m. LMRB

Make Peace with Food Through Intuitive Eating

Reject the diet mentality; rediscover joy and satisfaction in eating, and feed your feelings through the principles of Intuitive Eating. Learn how to nurture your body and reconnect with its innate signals of hunger, fullness and food preferences. Achieve your desired weight; don't fall prey to dieting. Materials Fee: \$3; due to instructor. www.prenatalnourish.com. Fee: \$15.

47597 18 yrs+ Sa 3/26 11 a.m.-1 p.m. PAC

Reflexology

Discover Reflexology, an ancient Chinese medicine method that involves the physical act of applying pressure to the feet and hands using specific thumb, finger and hand technique without the use of oil or lotion. Learn how to relieve tension, improve circulation and promote the natural function of your body. www.MarciCagen.com. Fee: \$15.

47551 18 yrs+ W 5/11 6-8 p.m. PAC

Relax & Recharge; Visualization with Aromatherapy

Relax and release stress, nurture the spirit and renew your understanding of self-care. Enjoy aromatherapy blends; calm the body and mind while allowing the nervous system to return to its balance. Receive a guided visualization to lift worry and fear. Dress comfortably and bring a blanket or yoga mat; \$5 supply fee due to instructor. www.MarciCagen.com. Fee: \$15.

46940 18 yrs+ M 5/9 6-8 p.m. PAC

Relax & Renew; Meditation with Aromatherapy

Release stress, nurture the spirit and renew your understanding of self-care. Enjoy aromatherapy blends; calm the body and mind while allowing the nervous system to balance, refresh and revive. Receive a guided meditation to lift worry and fear. Dress comfortably and bring a blanket or yoga mat; \$5 supply fee due to instructor. www.MarciCagen.com. Fee: \$15.

46938 18 yrs+ M 3/14 6-8 p.m. PAC

Vegetarian/Vegan 101

Explore plant-based nutritional lifestyles and the benefits of whole foods. Be healthy with seasonal organic ingredients, whole grains, beans, vegetables, fruits, sea vegetables, tofu and tempeh. Create a process-free pasta in class and taste the delicious results. Includes take-home notes and recipes. Materials Fee: \$3; due to instructor. www.prenatalnourish.com. Fee: \$15.

47012 All Ages Th 5/5 6:30-8:30 p.m. PAC

Introduction to Personal Fitness

Create a personalized fitness plan at the Kiwanis Fitness Center. Enjoy 6 sessions with a certified fitness professional in a small group setting. Receive hands on instruction to help you properly utilize each piece of equipment for maximum mileage toward your goals. *No class 3/31. Fee: \$34. 480-350-5201

47854 16 yrs+ T/Th 3/22-4/12* 9-10 a.m. KRC

47855 16 yrs+ T/Th 4/19-5/5 9-10 a.m. KRC

Martial Arts; Aikido

Please see page 15 for a complete description and class times.

*Class is offered for adults during the same time-frames as youth; participants are placed in age-appropriate groups.

Martial Arts; Goju Shorei Self Defense with Cane

Learn how to use a wooden cane as a legal and practical self-defense weapon.

Students will learn basic strikes, blocks and footwork. Prior martial arts experience is recommended but not mandatory. Students may either purchase a cane (\$35) or borrow for use during class. Instructor: Aseem. Fee: \$45.

480-350-5200

46629 16 yrs+ Sa 4/2-5/28 9:20-10:20 a.m. CRC



Krav Maga

Derrek is a Level 6 certified Krav Maga Alliance Instructor and self-defense expert, holding the rank of 1st Degree Black Belt bringing over a decade of teaching experience to his classes. Krav Maga is an Israeli martial art that includes self-defense and dynamic fitness techniques. Derrek has travelled the world to teach Krav Maga and is now bringing it to Tempe. www.eastvalleykravmaga.com

Krav Maga - Free Introduction Workshop

Not sure what Krav Maga is all about? Join Derrek for an entertaining and engaging free 1-hour presentation as he explains what one can expect if they sign up for one of his classes. Come check out live demo's put on by instructors. Casual environment and questions encouraged. Fee: None.

47834 18 yrs+ Sa 4/2 9:30-10:30 a.m. PAC

Intro Basic Krav Maga Self-Defense

Learn self-defense and get in amazing shape. Krav Maga is an action packed street and combat fighting system that will prevent you from being victimized while at the same time will get you physically fit. Class consists of warm-ups, basic punching and kicking drills with a partner and learning effective disarming techniques. Wear workout attire & athletic shoes. Fee: \$50 480-350-5200

47826 18 yrs+ M/W 4/4-4/27 6:30-7:30 a.m. EVKM

47827 18 yrs+ M/W 5/2-5/25 6:30-7:30 a.m. EVKM

Kickboxing Fitness

Kickboxing is a great high-impact total body workout that improves balance, flexibility, coordination and endurance. A warm-up followed by a rigorous kickboxing session that includes jabs, hooks, uppercuts, punches and kicks designed to get you to a leaner body and a healthier state of mind. Boxing gloves required; can purchase from instructor for \$35. Fee: \$50. 480-350-5200

47831 18 yrs+ M/W 4/4-4/27 7:30-8 p.m. EVKM

47832 18 yrs+ M/W 5/2-5/25 7:30-8 p.m. EVKM

Keep a Good Class Going...Register Early!

Activities for Adults (18+ Years)



Martial Arts; Intro to Kung Fu

Unify your mind and body through "I Liq Chuan"-style Chinese Kung Fu, a fluid martial art based on Zen & Tai Chi. Learn how to flow with your opponent and overcome them with positioning rather than with brute strength. Develop communication, awareness and self-defense skills via solo and partner drills. Improve mental focus and balance. www.fallingleaveskungfu.com. Fee: \$50.

480-350-5200

47178	16 yrs+	T/Th	4/5-4/28	6-7 p.m.	CRC
47179	16 yrs+	T/Th	5/3-5/26	6-7 p.m.	CRC

Martial Arts; Jujutsu

Learn traditional self-defense techniques such as joint locks, throws, chokes, strikes, blocks, ground fighting, pins and pressure point attacks as practiced by the Doshin (Samurai policeman). Ongoing classes taught by licensed instructors of the Otake Han Doshin Ryu system of Jujutsu. All levels welcome; no prior martial arts training required. Fee: \$50. 480-350-5200

47105	16 yrs+	T/Th	4/5-4/28	7:45-9 p.m.	CRC
47106	16 yrs+	T/Th	5/3-5/26	7:45-9 p.m.	CRC

Martial Arts; Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended. Instructor: Aseem. 480-350-5200

46633	12 yrs+	Sa	4/2-5/28	10:35 a.m.-noon	\$45	CRC
46632	12 yrs+	Th	4/7-5/26	7-8:25 p.m.	\$42	NCC

Martial Arts; Karate Lim Kenpo

Strengthen family values in this results-oriented Karate class designed for the whole family. Students will learn self-defense, respect and manners, increased self-confidence and focus. Ongoing, monthly program. Uniform Fee: \$55 (includes Lim's 3 patches). For more info contact Patrice Lim at 602-525-8472, www.limkenpo.net. *No Class 5/19. Fee: \$50. 480-350-5200

46612	13 yrs+	T/Th	4/5-4/28	6-7:30 p.m.	KRC
46613	13 yrs+	T/Th	5/3-5/26*	6-7:30 p.m.	KRC
46615	13 yrs+	W/F	4/1-4/29	6:30-7:30 p.m.	CRC
46616	13 yrs+	W/F	5/4-5/27	6:30-7:30 p.m.	CRC

Martial Arts; Tai Chi-Beginning & Level I

Tai Chi has been likened to moving meditation. Experience relaxation and rejuvenation as you exercise in slow, gentle movements. This introductory class in the Guang Ping Yang style of Tai Chi will help you gain balance and flexibility, while improving breathing and posture. Instructor: Peggi. Fee: \$37.

480-350-5200

46627	16 yrs+	Sa	4/9-5/28	8-9 a.m.	CRC
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Martial Arts; Wing Chun Self-Defense

Learn the ancient Chinese martial art of Wing Chun that emphasizes the principals of physics and natural body mechanics to defend against close-range attacks by larger or stronger opponents. Students will learn Chi-Sau to develop power, positioning and hand techniques to defeat attackers using their size and strength. Instructor: Norm. No class 5/1. Fee: \$41. 480-350-5200

46637	16 yrs+	Su	4/3-5/29	9-10:30 a.m.	CRC
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Pilates: Intro

Pilates is a system of controlled exercises that engage the mind and condition the total body. Start with the fundamentals of the mat work and learn the basic series of exercises upon which the entire Pilates method is built. Learn proper posture, breathing and technique. Instructor: Pippa. Fee: \$43. 480-350-5200.

46827	16 yrs+	M	4/4-5/23	5:30-6:30 p.m.	KRC
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Pilates & Stretch

Join us for this multi-level class that combines Pilates exercises with effective stretching techniques to increase strength and flexibility for your entire body. Major areas of focus are the core, stability work, coordination, breathing and relaxation. No experience necessary. All levels welcome. Instructor: Pippa.

Fee: \$43. 480-350-5200

46829	16 yrs+	M	4/4-5/23	6:30-7:30 p.m.	KRC
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Weekend Yoga is Here!

Missed your workout for the week? Don't fret; there is still time to fit it in. Treat yourself to a morning or afternoon of rejuvenation and relaxation by attending a Yoga class. Sign-up for the entire 8-12 week class or Pay-As-You-Go for \$7 per class; whatever works for you! If you drop-in, please arrive 10 minutes early to register at the front counter and show your receipt to the instructor to validate payment.

Good Morning Stretch and Relaxation-All Levels

Ease into your day softly with this gentle-flowing sequence. Stretch all the major muscle groups with sun salutes incorporating lunges, balance poses, squats and a side bend. The emphasis throughout is on breath-led movement. You'll feel energized, have amazing mental clarity and will be ready to flow through your day with ease. Instructor: Carol Ann. Fee: \$39. 480-350-5200

47016	18 yrs+	Sa	4/2-5/21	8-9 a.m.	KRC
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Yoga; Healthy Backs-All Levels

Healthy Backs Yoga is a therapeutic class designed for participants with chronic neck and back pain. Focus on balancing strength and flexibility in the upper back, shoulder blades, neck and lower back. Practice is slow, gentle and suited for all skill levels. No experience necessary. Participants must bring yoga mat. Instructor: Kate. Fee: \$44. 480-350-5200

46823	16 yrs+	Sa	4/9-5/28	9:15-10:30 a.m.	KRC
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Yoga; Yin & Restorative-All Levels

Practice this gentle, graceful, meditative Yin yoga designed to alleviate stress and tension in the connective tissue of the hips, pelvis and spine. Transition to nurturing, restorative poses that bring balance to the nervous system and allow for deep rest. Experience balance and healing in a setting where you can relax and let go. Bring your own mat. Instructor: Laurie. Fee: \$42. 480-350-5200

47017	16 yrs+	Su	4/3-5/22	9:15-10:30 a.m.	KRC
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Yoga; Introduction

Designed specifically for those who are new to yoga or are interested in learning the fundamentals and philosophy of a yoga practice. Focus will be on integrating the breath with body movement and maintaining proper physical alignment. You will leave class feeling stretched, open and rejuvenated. Participants must bring yoga mat. Instructor: Diane. Fee: \$39. 480-350-5200

46881	16 yrs+	W	3/30-5/18	6-7 p.m.	KRC
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Yoga; Healthy Backs

Healthy Backs Yoga is a therapeutic class designed for participants with chronic neck and back pain. Focus on balancing strength and flexibility in the upper back, shoulder blades, neck and lower back. Practice is slow, gentle and suited for all skill levels. No experience necessary. Participants must bring yoga mat. Instructor: Tammy. Fee: \$43. 480-350-5200

46822	16 yrs+	W	4/6-5/25	7:10-8:25 p.m.	PAC
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Pick Up the Summer Brochure
April 14

Activities for Adults (18+ Years)

Yoga; Joy of Stretch

Yoga-based stretch class with guided meditation. An hour of movement that will leave you feeling relaxed and energized. Increase your range of motion, improve posture and ability to perform and enjoy activities of daily living. All levels welcome. Participants must bring yoga mat. www.eighthlimb.com. Instructor: Tammy. Fee: \$45. 480-350-5200

46842 16 yrs+ T 4/5-5/31 7:10-8:25 p.m. PAC

Yoga; Level 1

Welcome new students and those looking to revisit the foundations of yoga. With attention on breath and alignment; explore traditional yoga postures (asanas) in an atmosphere that encourages lightheartedness, laughter and self-exploration. Modifications will be offered to honor each student's individual ability & needs. Bring own yoga mat. Instructor: Diane. Fee: \$39. 480-350-5200

46991 16 yrs+ W 3/30-5/18 7:15-8:15 p.m. KRC

Yoga; Level 1 & 2

Prerequisite: Intro to Yoga recommended, but not required. Elevate your body and mind connection as you refine and build-upon the basic postures from Hatha Yoga. This class will assist you with learning the skills you need to take your yoga practice to a deeper level. Participants must bring yoga mat. Instructor: Caroline. No class 5/3. Fee: \$46. 480-350-5200

46868 16 yrs+ T 4/5-5/31 7:30-8:45 p.m. MUS

Yoga; Nightcap Nidra

Yoga Nidra induces complete physical, mental and emotional relaxation. Practice consists of breathing exercises and guided meditation while reclining in a restorative position. Release 3 kinds of tension-muscular, emotional and mental. Experience meditative state said to be 5 times more restorative than sleep & you won't need a nightcap. www.eighthlimb.com Instructor: Tammy. 480-350-5200

47795 16 yrs+ M 4/4-5/23 8-8:45 p.m. \$29 PAC

46835 16 yrs+ Th 4/7-5/26 7:45-8:45 p.m. \$39 PAC

Yoga; Parent & Toddler

Please see page 10 for a complete description and class times.

Yoga; Parent & Preschooler

Please see page 10 for a complete description and class times.

Yoga; Partner Workshop

Partner Yoga gives us a constant source of creative, effective hand-on adjustments allowing us to experience a deeper expression of poses. Explore fundamentals of partner standing, balancing and seated poses. It's not how perfectly you execute a pose; it's how much you enjoy it. No yoga exp. necessary. Bring a partner, friend, or meet someone new. Fee: \$12 per person. 480-350-5200

47102 16 yrs+ Su 4/17 1-3 p.m. KRC

Yoga; Restorative with Guided Meditation

Restorative Yoga is a soothing, gentle class where both restorative and yin poses are utilized to remove deep-seated tension. Class culminates in the profound meditative experience of yoga nidra; restful and effortless guided relaxation. Participants will leave class feeling calm and refreshed. Participants must bring Yoga mat. Instructor: Caroline. No class 5/2. Fee: \$41. 480-350-5200

46863 16 yrs+ M 4/4-5/23 7:30-8:45 p.m. MUS

Yoga; Slow Flow

This all-levels flow practice mindfully builds strength & flexibility, improves posture and concentration. Breath, mindful movement and posture alignment are integrated. Move in and out of poses in a slow, breath-centric rhythm, using focused transitions. Get a total-body workout at a slow flow pace. Bring your own yoga mat. Instructor: Caroline. No class 5/2. Fee: \$41. 480-350-5200

46861 16 yrs+ M 4/4-5/23 6-7:30 p.m. MUS

Yoga; Slow & Gentle

Perfect for beginners and those wanting a slow, meditative and gentle yoga class. Increase flexibility, joint mobility and agility. Incorporate breathing exercises along with visualization techniques for stress reduction. Poses are modified and may be done with props. Participants must bring yoga mat. 480-350-5200

46825 16 yrs+ M 4/4-5/23 10:30 a.m.-noon Linda \$41 KRC

48451 16 yrs+ M 4/4-5/23 7-7:50 p.m. Tammy \$39 KRC

Yoga; Stretch and Relaxation

A total-body, mat-based, stretching class with guided meditation. Stretch your body from head-to-toe using a variety of safe exercises. Increase your range of motion and flexibility, reduce back pain and improve posture. Positively transform the way your body looks, feels and performs. All levels welcome.

Instructor: Joan. Fee: \$39. Bring a yoga mat to class. 480-350-5200

46884 16 yrs+ Th 4/7-5/26 9-10 a.m. KRC

Yoga; Therapeutic

Learn to move with grace and ease while using basic breathing exercises and simple yoga poses to help relax your head, neck, shoulders and back. This class will flow at a slower pace and students of all experiences and backgrounds are welcome to attend. Participants must bring own yoga mat. Instructor: Kim.

Fee \$39. 480-350-5200

46804 16 yrs+ M 4/4-5/23 4:45-5:50 p.m. PAC

46805 16 yrs+ W 4/6-5/25 6:15-7:15 p.m. NCC

Yoga; Tone and Core

A perfect way to refine your body from the inside-out. Emphasis will be on strengthening the body from the deep center by using a variety of yoga postures as a guide. Target and challenge the muscles of the back, abdominals, hips and glutes. Participants must bring own yoga mat. Instructor: Caroline. No class 5/3. Fee: \$46. 480-350-5200

46865 16 yrs+ T 4/5-5/31 6-7:30 p.m. MUS

Yoga; Yin and Meditation

Yin Yoga is a soothing and relaxing form of yoga which allows participants to move deeply into various postures and hold the poses for a longer period of time. End with 20 minutes of Nidra meditation. Students will be coached on how to meditate properly and comfortably. Participants must bring yoga mat. www.eighthlimb.com. Instructor: Tammy. \$46. 480-350-5200

46845 16 yrs+ F 4/1-5/27 5:45-7 p.m. KRC

Yoga; Yoga with Weights

The perfect combination of flexibility and strength-training. Class combines yoga moves and strength exercises using 1 to 2-lb handheld and ankle weights to strengthen the core of the body. Good posture and alignment are emphasized; use of weights optional. All levels welcome. Class ends with a brief relaxation.

Instructor: Kim. Fee: \$40. 480-350-5200

46819 18 yrs+ T 4/5-5/24 6:15-7:15 p.m. NCC

Yogilates

Yogilates combines Yoga and Pilates practices offering the best of both worlds. Exercises will cultivate proper breath use, strength, stamina, stability and flexibility while also emphasizing the deep muscles of the core. No experience necessary. Class taught by certified Yoga/Pilates instructor. Bring own mat. Instructor: Diane. Fee: \$39. 480-350-5200

46879 16 yrs+ M 4/4-5/23 6-7 p.m. PAC

Activities for Adults (18+ Years)



Drop-In Fitness Classes

Are you too busy to make a 4 to 12-week fitness commitment? How about fitness when you want it? Introducing a convenient payment method: Pay-As-You-Go classes. Now you have the choice to make a commitment to register for a full session of classes, or commit to participate only when you have the time. If you choose to Pay-As-You-Go, please arrive 10 minutes early to register for your class. You will need to show your receipt to the instructor in order to validate payment of class.

Building Better Bones with Pippa Frame

Stop bone loss and restore bone mass. Pilates-based exercises to strengthen muscles, increase flexibility and improve balance. Focus on reversal of bone loss, injury prevention and functional fitness to help avoid falls, alleviate pain and maintain independence. Pay-As-You-Go for \$7 per class. Fee: \$43. 480-350-5200

46831	16 yrs+	W	4/6-5/25	9:30-10:30 a.m.	KRC
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Exercise; Zumba Fitness Express - burn 300 kcal!

Zumba is a high-energy cardio workout that incorporates unique moves with sizzling Latin dance music. Zumba maximizes caloric output with fat-burning movements and easy-to-follow dance steps. All levels welcome. Pay-As-You-Go for \$4 per class. 480-350-5200

46812	16 yrs+	Sa	4/2-5/28	9:15-10:15 a.m.	Denise	\$35	PAC
46813	16 yrs+	M	4/4-5/23	6-6:50 p.m.	Denise	\$31	PAC
46811	16 yrs+	Th	4/7-5/26	6:30-7:30 p.m.	Theresa	\$31	PAC

Special Interest



Citizenship Class

Come join us to practice for the U.S. Citizenship test. You will learn about history and government, interview tips and more. Venga a practicar para pasar la prueba de ciudadanía. Vamos a aprender sobre la historia y gobierno, consejos para la entrevista y más. La clase es en inglés. Fee: None. 480-350-5500

No Code	18yrs+	F	3/4	2-3 p.m.	LMRB
No Code	18yrs+	F	3/18	2-3 p.m.	LMRB
No Code	18yrs+	F	4/1	2-3 p.m.	LMRB
No Code	18yrs+	F	4/15	2-3 p.m.	LMRB
No Code	18yrs+	F	4/29	2-3 p.m.	LMRB
No Code	18yrs+	F	5/13	2-3 p.m.	LMRB
No Code	18yrs+	F	5/27	2-3 p.m.	LMRB



Cooking Classes; Chef Monica O'Brien

Monica O'Brien brings 17+ years of industry expertise to Tempe as its new chef. An instructor within the Culinary Arts Department at Scottsdale Community College, Chef O'Brien has also operated a private catering and personal chef business. Sample every dish in these enjoyable and informative classes; a \$3 supply fee is due at the start of class. Fee: \$25 per class. 480-350-5200

Pasta and Sauces

A tour of Italy is closer than you think. Using quality ingredients and simple techniques, you'll be mastering Italian cuisine in no time. Join Chef Monica for a night of delectable dishes from handmade pasta to savory sauces. Menu includes a ground beef and red wine Bolognese, Pasta Primavera, classic pesto, a spicy tomato Puttanesca and a creamy wild mushroom sauce. Fee: \$25.

48417	15 yrs+	W	3/23	6-8 p.m.	CSC
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Soups and Stews

Soup is not a side dish anymore. Take your soups and stews to the next level by mastering technique and enhancing flavor. Soup menu includes chicken tortilla, velvety roasted butternut squash, Asian noodle and vegetable Gazpacho soups. Stew menu includes braised pork and green chili, black bean and acorn squash, and chickpea and spinach stews. Fee: \$25.

48418	15 yrs+	W	3/30	6-8 p.m.	CSC
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Chicken 101

Let nothing go to waste with perfectly prepared poultry. Use every part of the bird to make diverse, delicious and inexpensive meals. Use breasts for Chicken Parmesan, Chicken Marsala and poached chicken salad; the legs for roulades and skewered satays. Dip the tenderloins in a spicy sauce; deep-fry wings and toss in a garlic butter sauce. Fee: \$25.

48419	15 yrs+	W	4/13	6-8 p.m.	CSC
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Sensational Salsas

Add spice to your life; expand your salsa repertoire. Use salsa as dips, dressings and toppings to add flavor to basic dishes. Menu includes a medley of salsas including raw and roasted tomatillo, cooked jalapeno, tomatillo and avocado, charred nopale with banana peppers, tomato and poblano, and Salsa de Cacahuete made with dried chilies and peanuts. Fee: \$25.

48420	15 yrs+	W	4/27	6-8 p.m.	CSC
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Joy of Vegetables

Stuck in a vegetable rut? Take your vegetables from ordinary to extraordinary with Chef Monica. Menu includes roasted cauliflower steaks with gremolata, sautéed brussels sprouts with caramelized onions, provincial broiled and stuffed tomatoes, broccoli with garlic, lemon and thyme sauce, creamed corn and a black bean butternut squash side so good it could be a main meal. Fee: \$25.

48421	15 yrs+	W	5/11	6-8 p.m.	CSC
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Fish 101

Take a culinary trip around the world with the best fish dishes. Menu includes Italian pesto salmon, Greek yogurt, lemon, mint and oregano salmon, Vietnamese flaky- white Swai French-style with butter, lemon, capers, olives and parsley, and Swai, Asian-style. Make a seared Ahi Japanese salad, and finish with Mahi-Mahi Mexican Tacos. Your taste buds will jump for joy. Fee: \$25.

48422	15 yrs+	W	5/25	6-8 p.m.	CSC
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Activities for Adults (18+ Years)

ESL Table Talk

Do you want to improve your English? We meet once a week to learn and improve common vocabulary, phrasing and discuss American culture. Basic English reading, writing and speaking skills are required. Fee: None.

480-350-5500

48078	18 yrs+	M	3/7-5/23	2-3 p.m.	LMRB
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Family History Series

Learn how to trace your roots and write and record your family history in this series of workshops with Duane Roen, Dean of University College and Dean of the College of Letters and Sciences at Arizona State University. Duane has been tracing his roots since his teenage years, building a database with more than 32,000 ancestors. Fee: None. 480-350-5500.

Publishing Your Family History

47816	18 yrs+	Sa	3/12	10:30 a.m.-noon	LMRB
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47817	18 yrs+	W	3/23	6:30-8 p.m.	LMRB
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Using Cemetery Records for Family History Research

47818	18 yrs+	Sa	4/2	10:30 a.m.-noon	LMRB
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47819	18 yrs+	W	4/20	6:30-8 p.m.	LMRB
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Juggling Classes

Please see page 16 for complete descriptions and class times.

Pets; Basic Dog Obedience (6 mos+)

Teach your dog to sit, stay, lay down, come when called, walk on a leash and more. Socialize, learn pack leadership skills and play structured games with prizes. No dogs week one; first class includes paperwork, vaccination verification and Q and As. Training by Perfect Pooch, www.perfectpoochaz.com.

Instructor Fee: \$80; due at first class. Registration Fee: \$25. 480-350-5200

48398	16 yrs+	W	4/6-5/11	7:30-8:30 p.m.	TSC
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48399	16 yrs+	Th	5/26-6/30	7:30-8:30 p.m.	PDP
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Pets; Save-A-Pet

Taught by local veterinarians, this class covers areas such as first aid for pet injuries, poisoning and CPR. Pet care tips and health information are also included, as well as hands-on CPR training with the Resuscidog. An informative booklet is included. Fee: \$15. 480-350-5200

46791	15 yrs+	T	5/17	6:30-8:30 p.m.	UNIV
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Gardening with Master Gardener Doreen Pollack

Master Gardener Doreen Pollack is a Permaculture Designer who specializes in educating fellow horticulturists on how to reduce the use and dependency of outside resources in landscape. Her low-water and low-human energy use designs are both creative and natural. Whether you are thinking

about starting your first garden, or you've been gardening for years, these classes are for you. Join Doreen for all or part of the interactive workshops below. Fee: \$15 per workshop. 480-350-5200

Composting 101

Composting can be extraordinarily beneficial if you know where to start. Turn your organic waste into gardening gold. Learn simple ways to compost using everyday food scraps. Workshop addresses the basics of composting such as how to build a bin, identify compostable material, storage location and how to create rich garden soil. Fee \$15.

46299	15 yrs+	Sa	3/5	10-11:30 a.m.	PAC
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Spring and Summer Herb Gardens

Step into your own garden to snip tasty sprigs for seasonal and everyday dishes. Add a fragrant touch to any bouquet or home décor. Learn how to grow herbs in garden beds and containers. Workshop includes herb identification, plant selection, soil placement, watering, and yield and scale techniques. Fee: \$15.

43078	15 yrs+	W	4/6	6:30-8 p.m.	PAC
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IndieFlix Saturday

Come enjoy a feature independent film or documentary available from the library's online streaming video service IndieFlix. Call the library or visit tempe.gov/library for film information. No registration required. Fee: None.

480-350-5500

No Code	18yrs+	Sa	3/5	2-4:30 p.m.	LMRB
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No Code	18yrs+	Sa	4/2	2-4:30 p.m.	LMRB
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No Code	18yrs+	Sa	5/7	2-4:30 p.m.	LMRB
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Is Fido bored? Take him to a Tempe Dog Park.

Papago Park

Curry Rd. & College Ave.

Creamery Park

8th St. & Una Ave.

Jaycee Park

5th St. & Hardy Dr.

Mitchell Park

9th St. & Mitchell Dr.

Tempe Sports Complex

Carver Rd. & Hardy Dr.



Photography; DSLR Basics

Review camera operation and settings, memory cards, care and cleaning. Learn about types of photography, shutter speed, exposure, composition, lighting, focal point and depth of field. Classes will conclude with a student photo-sharing opportunity; bring DSLR camera and manual to class. Taught by David Miller, professional photographer. Fee: \$45. 480-350-5200

46887	15 yrs+	Th	3/1-3/29	6-8 p.m.	PAC
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A Sewing machine is required for all of the Sewing classes listed below. All students must bring the appropriate materials to the first class. To view a complete list of class materials, as well as a list of supply vendors, visit www.tempe.gov/classmaterials.

Sewing; Quilting

Whether you are looking to create one-of-kind décor or an heirloom piece for your family to treasure, learn how to take old clothing and fabric and showcase it in a personalized quilt. Explore new layouts and use your imagination to design quilt squares full of color and texture. Instructor: Kathleen. For a list of materials, visit www.tempe.gov/classmaterials. Fee: \$45. 480-350-5200
47596 15 yrs+ W 4/6-5/4 6-8:30 p.m. PAC

Sewing; Mommy and Me

Please see page 18 for a complete description.

Sewing; Open Studio

A self-paced class for those who are looking to complete an existing project or may need guidance beginning a new project. Studio class is open to all sewing students with a working knowledge of basic skills and techniques. An experienced instructor will be available to help with your projects; bring your patterns and materials to class. Instructor: Kathleen. Fee: \$39. 480-350-5200
47592 15 yrs+ Sa 5/14-5/21 9 a.m.-noon PAC

Sewing; Sewing 102-Intermediate

Mastered the basics of Sewing? Enhance your skills; sew from a pattern. Sewing from a pattern will provide you with many options for creating garments, costumes, soft furnishings, toys and other items. Learn about sizing, alterations, seams, grain lines, button markings and more. Bring a pattern, tracing wheel and paper to class. Instructor: Kathleen. Fee: \$45. 480-350-5200
47590 15 yrs+ M 4/4-5/2 6-8:30 p.m. PAC

All Spanish students must bring the appropriate required book to the first class. To view a complete list of class materials, as well as a list of supply vendors, visit www.tempe.gov/classmaterials.

Passport to Spanish

iBienvenido! Join us for a casual, interactive introduction to Spanish. Learn the basics of reading, speaking and writing in Spanish. Prepare for travels as you build your vocabulary through pronunciation, reading and elements of a sentence. Required Book: "Easy Spanish Step-By-Step," by Barbara Bregstein. ISBN-13: 978-0071463386. No Class 4/13. Fee: \$45. 480-350-5200
46778 15 yrs+ W 3/23-5/18 5:15-6:30 p.m. PAC

Conversational Spanish

Challenge yourself to build-upon the fundamentals learned in Passport to Spanish with in-depth, every day, informal conversation. Move beyond the basics to explore verb conjugation and tenses, vocabulary, and improve your reading and speaking skills. Required Book: "Advanced Spanish Step-By-Step," by Barbara Bregstein. ISBN-13: 978-0071768733. No Class 4/13. Fee: \$45. 480-350-5200
46779 15 yrs+ W 3/23-5/18 6:45-8 p.m. PAC

Spectacular Nature: The World Illuminated

Presented by the LGF Foundation, a Tempe based non-profit organization dedicated to the creation of a world class natural history museum in the Phoenix metropolitan area. On display will be some of the best and most stunning examples from around the world. This event is for all ages. Registration is not required. Fee: None. 480-350-5500

Dinosaurs

No Code All ages Sa 4/23 1-3 p.m. LMRA

Minerals

No Code All ages Sa 5/14 1-3 p.m. LMRA



**809 E. Southern Avenue
480-350-5100**

PERFORMANCES at the MUSEUM

Saturday, 2/13; 4-6 p.m.

A Celebration of Black History Month

Celebrate art, music and fashion through the decades with Tempe History Museum's African American Advisory Committee. The Diverse Artist Collective of Arizona will have fine art on display in the Community Room during Black History month, February 2 – 28. On Saturday, February 13 at 4 p.m. join us for a special program to look back at the distinct music and fashion of the black community from the 1930s to the 1970s. This fun, family friendly fashion show is free and open to the public. Light refreshments will be served.

Third Thursday at the Museum

Thursday, 2/18; 7 p.m.

An Evening with Ken Koshio

Join us for an evening of roots music of Japan and Taiko drumming for your spirit. Visit us each Third Thursday for dessert, coffee and events that are part artist portrait, part history lesson, part community forum and part creative event. Open to the public; donations welcome.

PERFORMANCES at the MUSEUM

Friday, 2/26; 7 p.m.

Tempe High School Strings Recital with Tetra

As Ensemble-In-Residence at Tempe High School, the Tetra String Quartet introduces the art of studying chamber music to students from the school's orchestra program. Through a series of visits and coachings, students experience Tetra's C.A.M.P curriculum and learn the importance of Communication, Awareness, Musicianship and Personal Responsibility. The culmination of their work will be presented in concert at the Tempe History Museum.

PERFORMANCES at the MUSEUM

Saturday, 2/27; 7 p.m.

Driftwood Quintet

The Driftwood Quintet is a Tempe based reed quintet dedicated to expanding the reed quintet repertoire and finding new audiences. Their instruments include oboe, English horn, clarinets, saxophones, bassoon and bass clarinet. To celebrate Black History Month, this performance will feature little known Black composers. Admission is free and fun for the whole family.

PERFORMANCES at the MUSEUM

Saturday, 3/5; from 5-8 p.m.

LOUD V

LOUD V is an outdoor celebration of LOUD Bands and Food Trucks. How did bands do outdoor concerts before PA systems? They used brass instruments. The Tempe History Museum presents a family-friendly event with LOUD brass music, bold flavors and arts and crafts. Join us on March 5 for LOUD V, an evening outdoor concert featuring the Phoenix Trombones, the Salt River Brass Quintet and delicious flavors from local food trucks. Free admission.

Tempe Historical Society Lunch Talks

Wednesday, 3/9; 11:30 a.m.

Celebrating Tempe's Celebrations with Larry Mishler and Peggy Bryant. Larry Mishler worked for 10 years as a photographer for the Tempe Daily News. Peggy Bryant was a reporter and editor for the same newspaper for 22 years. Together they have many stories and photos of celebrations throughout Tempe. Admission is free, with coffee and light refreshments.

Activities for Adults (18+ Years)

Third Thursday at the Museum

An Evening with the AIGA Madmen – Local Design Leaders from the American Institute of Graphic Arts

The American Institute of Graphic Arts Arizona presents an exhibition of the past 25 years of graphic design in Arizona. This includes artifacts, item labels and projection of digital images. On hand will be the “legacy” designers to talk about their work, along with other members of the local design/ad community. Join us each Third Thursday for dessert, coffee and an event that is part artist portrait, part history lesson, part community forum and part creative event. Open to the public; donations welcome.

Hayden’s Ferry Days

Friday and Saturday, 3/18 and 19:

Hayden’s Ferry Days is a celebration of Tempe’s heritage. It takes place March 18 & 19, 2016 in multiple locations around the city of Tempe. The purpose of the festival is to raise awareness of Tempe’s history, heritage and historic preservation efforts with a community-wide celebration. A number of organizations and individuals are working together to create a truly unique experience that will kick off with a Sponsor and Donor Dinner hosted by Tempe Sister Cities and Tempe Historical Society. The following day will see a guided historic places tour, an antique car show and Hayden’s Ferry Day activities. The grounds of Tempe History Museum will feature entertainment, exhibits, food trucks, and information and vendor booths. More than 20 organizations have committed to being a part of this special event. Hayden’s Ferry Days is presented by Tempe Historical Society in partnership with Tempe Sister Cities, Tempe History Museum and other community partners.

Tempe Historical Society Lunch Talks Wednesday, 4/13; 11:30 a.m.

Adding Spice to Leisure Life in Tempe with Ron Pies
Before retiring in 1998, Ron Pies spent 30 years with Tempe’s Parks and Recreation Department developing most of the leisure time programs that folks still enjoy today. He will share many of the stories from his career of designing and running recreation and leisure programs in Tempe. Admission is free, with coffee and light refreshments.

Sports

Adult Sports Leagues

Organizational Meetings

Adult Baseball	2/10	7 p.m.	PAC	Begins in April
Adult Basketball	4/5	7 p.m.	PAC	Begins May 31
Adult Softball	3/15	7 p.m.	PAC	Begins in April

Registration Dates

Adult Baseball	3/2	8 a.m.	LIB	Begins in April
Adult Basketball	4/20	8 a.m.	LIB	Begins May 31
Adult Soccer	4/6	8 a.m.	LIB	Begins in April
Adult Softball	4/4	8 a.m.	LIB	Begins in April

Archery 101

Please see page 19 for a complete description and times.

Basketball; Adult Open Gym Basketball

No Code	18 yrs+	T	Ongoing	6:30-9 p.m.	ESCA
No Code	18 yrs+	Th	Ongoing	7:30-9 p.m.	ESCA
No Code	18 yrs+	Su	Ongoing	3:30-6 p.m.	ESCA

Basketball; Women’s League: Summer

Registration: Begins 4/18 (Participants must register in person.)

Date: League begins 5/31

Fee: \$300

Contact: Alex Jovanovic 480-350-5800

Golf; Golf 101 - Beginner

Have you always wanted to learn how to play golf but have never made the time? Come learn the fundamentals of golf from a PGA professional. Students will learn the rules, proper etiquette of golf, stance, grip and swing technique. Participants are encouraged to bring their own clubs; clubs may also be borrowed from the instructor. Fee: \$50. 480-350-5200

47574	18 yrs+	Su	4/3-4/24	9-10 a.m.	KMGC
47575	18 yrs+	M	5/2-5/23	8-9 a.m.	KMGC

Golf; Golf 102 - Intermediate

This class is designed for those who have already taken Golf 101, or need to dust-off their clubs and get back in the game. Class is taught by a PGA professional who will help you gain a better understanding of equipment, how to perfect your golf swing, as well as on-course management. Students are encouraged to bring their own clubs. Fee: \$50. 480-350-5200

47577	18 yrs+	Th	4/7-4/28	9-10 a.m.	KMGC
47578	18 yrs+	Th	5/5-5/26	9-10 a.m.	KMGC

Pickleball: Adult Drop-in

Bring your friends and come play Pickleball on our indoor court. The court plays fast, which makes for lots of fun. A registration form and state issued photo ID are required on the first visit. Court will be available through 5/17 and it will reopen in the fall. Fee: \$1. 480-350-5811

No Code	18 yrs+	T	3/1-5/17	8:30 a.m.-2 p.m.	ESCA
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Rock-Climbing; Rock-Climbing and Rappelling

Basic instruction of the fundamentals and techniques of rock-climbing, as well as knot-tying and methods of belaying. Class participants need to arrive 15 minutes prior to the start of class to be fitted for shoes and to complete a waiver form. Fee: \$48. 480-350-5200

46785	16 yrs+	W	3/23-4/6	6:30-9:30 p.m.	ROC
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Volleyball; Drop-in

The Kiwanis Recreation Center offers coed drop-in volleyball for ages 16 yrs+. Teams are formed on-site; learn rules at sign-up. No drop-in volleyball on 3/27. Fee: \$4. 480-350-5201.

16 yrs+	Su	2/14-5/22	11 a.m.-2:30 p.m.	KRC
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Volleyball; League Information

www.tempe.gov/kiwanis

League Registration Dates

Resident Teams:	2/16-3/21
Non-Residents Teams:	2/19-3/21
League Dates (T/W):	3/29-5/25
Tournament Dates:	5/17-5/25

Women’s A: 48415

Co-Rec B: 48413

Cost:

\$325 per team. No individual registration will be taken. For more information, visit our website at www.tempe.gov/kiwanis or contact Carrie Reither, carrie_reither@tempe.gov.

Volleyball; Open Gym

Bring your friends for a fun afternoon of indoor volleyball. All levels of play are usually represented from beginner to advanced. A registration form and state issued photo ID are required on the first visit. Fee: \$1. 480-350-5800

No Code	16 yrs+	T/Th	Ongoing	7:30-9 p.m.	ESCA
No Code	16 yrs+	Su	Ongoing	1-4 p.m.	ESCA
No Code	18 yrs+	Su	Ongoing	3:30-6 p.m.	ESCA